

I claim:

1. A method for developing and enhancing ball hitting ability comprising the steps of:
 - (a) providing a training bat comprising:
 - (i) a handle having proximal and distal ends,
 - (ii) an elongate ball-striking element having a diameter no greater than one-half the diameter of a conventional baseball bat, and
 - (iii) a connecting member connected at the distal end of said handle for receiving the proximal end of said ball-striking element and detachably connecting thereto;
 - (b) providing a ball pitched to a user of said training bat;
 - (c) swinging at the pitched ball with said training bat in an attempt to hit the pitched ball with said training bat whereby the user develops ball hitting skills by attempting to hit the pitched ball with a margin of error less than that of hitting with a conventional bat.
2. A method according to claim 1, wherein the step of providing a ball comprises providing a ball that is smaller than a conventional baseball and formed of a soft, resilient material.
3. A method according to claim 1, wherein the handle of the training bat conforms in shape and size to a handle of a conventional baseball bat.
4. A method according to claim 1, wherein the ball-striking element comprises a metallic rod.

5. A method according to claim 1, wherein said ball-striking element extends outwardly from the handle and the combined length of the handle and the ball-striking element are equivalent to the length of a conventional baseball bat.
6. A method according to claim 1, wherein the weight of the training bat is equivalent to the weight of a conventional baseball bat.
7. A training bat according to claim 1, wherein the weight of the training bat is adjustable to a desired weight by detaching said ball-striking element from said connecting member, placing a desired number of weights on the connecting member, and reconnecting said ball-striking element to said connecting member.
8. A method for developing and enhancing ball hitting ability comprising the steps of:
- (a) providing a training bat comprising:
 - (i) a handle having proximal and distal ends,
 - (ii) an elongate ball-striking element having a diameter no greater than one-half the diameter of a conventional baseball bat,
 - (iii) a connecting member connected at the distal end of said handle for receiving the proximal end of said ball-striking element and detachably connecting thereto, and
 - (iv) a weight assembly positioned on the connecting member and held in place by frictional engagement with the distal end of said handle and the proximal end of said ball-striking element;
 - (b) providing a ball pitched to a user of said training bat;

- (c) swinging at the pitched ball with said training bat in an attempt to hit the pitched ball with said training bat whereby the user develops ball hitting skills by attempting to hit the pitched ball with a margin of error less than that of hitting with a conventional bat.

9. A method according to claim 8, wherein the weight assembly comprises at least one weight having a hole therein for placement of the weight onto said connecting member.

10. A method according to claim 8, wherein the weight assembly comprises a plurality of weights, each having a hole therein for being selectively placed on and removed from said connecting member as desired to change the weight of the bat.

11. A method according to claim 10, further comprising the step of varying the weight of the training bat according to the preference of the user by detaching the ball striking element from the connecting member, and adjusting the number of weights on the connecting member.

12. A method according to claim 8, wherein the ball-striking element is hollow and of a slightly larger diameter than the receiving rod, the receiving rod for inserting into the ball-striking element.

13. A method according to claim 12, further including a screw extending through aligned apertures defined by the ball-striking element and the receiving rod to connect the ball-striking element and the receiving rod together as a unit.

14. A method for developing and enhancing ball hitting ability comprising the steps of:

- (a) providing a handle having proximal and distal ends;
- (b) providing a receiving rod for securing within a bore defined by the handle at the distal end of the handle and extending outward therefrom;
- (c) varying the weight of said receiving rod so that the handle and the receiving rod have a combined desired weight;
- (d) providing a ball-striking element having a predetermined weight and having a larger diameter than the receiving rod;
- (e) positioning said ball-striking element on the receiving rod and detachably connecting thereto to form a training bat having a desired weight;
- (f) providing a ball pitched to a user of said training bat; and
- (g) swinging at the pitched ball with said training bat in an attempt to hit the pitched ball with said training bat whereby the user develops ball hitting skills by attempting to hit the pitched ball with a margin of error less than that of hitting with a conventional bat.

15. A method according to claim 14, wherein the step of varying the weight of the receiving rod includes varying the weight of said receiving rod so that the combined weight of said handle and said receiving rod equal 15.8 to 16.2 ounces.

16. A method according to claim 14, wherein the step of providing a ball-striking element includes providing a ball-striking element having a larger diameter than said receiving rod and having a weight of 8.6 ounces.

17. A method according to claim 14, wherein the step of positioning the ball-striking element on the receiving rod includes sliding the ball-striking element onto the receiving rod until the proximal end of the ball-striking element contacts the distal end of the handle.

18. A method according to claim 14, further including the step of placing a predetermined number of weights on the receiving rod to obtain the desired weight of the training bat.

19. A method according to claim 18, wherein the step of placing a predetermined number of weights on the receiving rod includes placing an appropriate number of weights on the receiving rod to obtain a desired weight of the training bat in relation to the length of the training bat.